

1st – Annual 2011 Heartland High School Indoor Invitational Track & Field Meet

**Hosted by Johnson County Community College
Meet Information Guide**

- Date:** Saturday, March 26, 2011
- Location:** Johnson County Community College (JCCC) Indoor Track Fieldhouse, 12345 College Blvd, Overland Park, KS 66210
- Facility:** JCCC has a flat six lane 200-meter oval track with a six lane straightaway. The throwing sector for the SHOT PUT is plywood. The two outdoor javelin runways are polyurethane synthetic surface and the throwing sector for the DISCUS is concrete.
- Schedule:** See meet schedule on www.heartlandathleticservices.com or on page 3. The meet schedule will be provided in coaches' packet as well.
- Entry Deadline:** Entries will open 7:00am March 11 and remain open until 11:pm Thursday, March 23, 2011. **NO LATE ENTRIES WILL BE ACCEPTED.** Upon completion of online registration, you will need to declare your entries.
- Entry Procedure:** **Individuals/relays:** for VARSITY ATHLETES with the following events...in the first session long jump, high jump, pole vault, and the shot put will be indoors --- as well as discus and javelin outdoors. In the second session indoors the 60m dash, 60m HH, Distance Medley Relay, 1600m run, 200m dash, 400m dash and 4 x 400m relay.
*****All events will be final events – (no prelims) in the second session*****
- Meet/Event Limitations:** **All events except the 1600m run will have a limit of four (4) entries per team**
The 1600 m run will have a limit of Six (6) entries per team
- Entry Fee:** \$150 for up to 30 athletes per school (girls and boys together) or \$20.00 per athlete
Coaches please postmark your entry fees by March 23 and mail to Coach Mike Bloemker, Johnson County Community College, Track & Field, 12345 College Blvd, Overland Park, KS 66210. Make Check Payable to "Johnson County Community College"
- Event Seeding:** Events will be seeded by entry marks. Enter a mark from the previous season in metric or imperial measurements (outdoor distances and marks will be accepted and converted if necessary). Meet Management will make every effort to seed the events properly. We reserve the right to throw out any marks deemed unrealistic and consider that athlete/relay team entered with no mark. Any athlete who is entered with no mark will be seeded at the bottom of the entry list; therefore, coaches must send in a true and accurate mark. All heats and seeding of the events will be final once heat sheets have been published.
- Event Procedures:** **14 events for High Schools Varsity athletes**
- ☐ **DMR (4 x 4000):** Seeded heats against time with fastest heat seeded first
 - ☐ **60 meter Dash:** Seeded heats against time with fastest heat seeded first
 - ☐ **1600 meter Run:** Seeded heats against time with fastest heat seeded first
 - ☐ **400 meter Dash:** Seeded heats against time with fastest heat seeded first
 - ☐ **60mHH: (Boys)** Seeded heats against time with fastest heat seeded first
 - ☐ **60mLH: (Girls)** Seeded heats against time with fastest heat seeded first
 - ☐ **200 meter Dash:** Seeded heats against time with fastest heat seeded first
 - ☐ **4 x 400 meter Relay:** Seeded heats against time with fastest heat seeded first
 - ☐ **HJ, LJ, PV, SP, Discus & Javelin:** Trials and Finals (4 attempts for LJ, SP, Discus & Javelin)
(The Discus & Javelin will be contested outdoors if weather permits)

"2011 Heartland High School Indoor Invitational Track & Field Meet"
Sponsored by: Johnson County Community College

Rules “NFHS”:	The National Federation of High School rules will apply. <i>This is not a NFSH sanctioned event.</i>
Spectator Entry:	Spectators must enter through the NE front door of the JCCC field house. Admission is \$6.00 for adults, \$3.00 for children (5-12). Children under 4 are free. Spectator attendance is limited and available on first come first served basis. Spectator re-entry is allowed but is limited to the facility's maximum capacity. No FOOD or DRINKS are allowed inside the track facility.
Participant Entry & Seating:	Athletes: Each Athlete will receive a Blue wristband in their packets which will serve as their pass to enter and exit the field-house, as well as proof that the entry fee has been paid. Athletes must wear their wristband at all times! Athletes must enter through the NE entrance of the field house. Athletes not competing must use the assigned areas in the center court of the track. Coaches: Coaches will receive a coach's pass (red wristband).
Packet Pick-up:	Coaches upon entering the field-house, go to the ticket sales booth to pick up your team packet. Coaches may pick-up packets between 11:30am and 1:00pm. All Field Events starts at 1:00pm
Warm-Up Area:	Athletes must warm-up in the upstairs basketball GYM ONLY . There may be additional warm-up areas at the discretion of the meet management or meet director. NO SPIKES will be allowed in warm-up areas.
Check-In:	The clerk of the course will be located in the upstairs basketball GYM. Athletes must check-in 20 minutes before their event and will be escorted to the starting line in groups per running event. Field event athletes must check in with the Head Official of their event 30 minutes (60 minutes for PV) prior to the start of their event. Athletes must present their wristbands at check in or they will not be allowed to compete.
Heat Sheets & Results:	Heat sheets and results will be available on-line. Heat sheets will be available on March 25 at www.heartlandathleticservices.com . Heat sheets will also be posted in the warm-up area. Results will be posted after each event in the results/awards area. Final results will be available 30 minutes after each final event is completed and they will also be posted on the website listed above on March 27th.
Awards:	The top 3 athletes and relay teams in each event will receive a medal (The medal is pictured at the top of this page). Athletes and relay teams may pick up their awards after the results have been posted at the awards area. <i>(Top 3 athletes in each event will receive a medal)</i>
T-Shirts:	Souvenir T-Shirts and additional meet merchandise will be available for sale at the meet only.
Concessions:	Concessions will be available (No FOOD or DRINKS are allowed inside the track facility)
Implements:	Meet management will provide certified high school shot put implements. Teams will need to provide their own poles, discus and javelin implements.
Equipment:	Athletes must use batons and shot puts provided by the meet management. ¼ inch pyramid spikes are permitted (in track area only). Please bring non-spiked shoes to use outside of the track and warm up areas. Starting blocks are provided and can be used for the 60 meter Dash, 60 meter Hurdles, and 200/400 meter dash only.
TRACK MARKS:	PLEASE USE ATHLETIC TAPE ONLY FOR TRACK MARKINGS, ABSOLUTELY NO CHALK!
Coaches Meeting:	A coaches meeting will be held at 11:50am at start/finish area.
Officials:	The meet will be officiated by USA Track & Field certified officials

If you have any questions, please contact Gilbert S. Castillo; Meet Director at 816-916-6379 or gscast@kc.rr.com

*"2011 Heartland High School Indoor Invitational Track & Field Meet"
Sponsored by: Johnson County Community College*

1st Annual 2011 Heartland High School Indoor Invitational T&F Meet

HOSTED BY:

**Johnson County Community College
Indoor & Outdoor Track Facilities**

High School Teams: - 30 athletes per school (boys & girls together)
Shawnee Mission NW, Shawnee Mission North, Shawnee Mission South, Blue Valley,
Blue Valley NW and Olathe North

Meet Schedule

Field Events: Start at 1pm

(4 attempts no finals)

Outdoors (depending on weather these two events may be held outdoors)

Discus (girls then boys)

Javelin (girls then boys) to follow the Discus

Indoors

Shot Put (*boys then girls*)(indoor shots will be provided 4Kg/8.81lbs- Girls & 5.443Kg/12lbs-boys)

Long Jump (*boys then girls*)

Pole Vault (*girls then boys*)

High Jump (*girls then boys*)

Running Events:

Start between 3:30pm and 4pm (Start after the last completed indoor field event)

Indoors

Rolling Schedule

Girl's heats followed by boy's heats against time

60m dash

DMR (1200, 400, 800 & 1600)

60m Hurdles

400m dash

1600m run

200m dash

4 x 400m relay

Note: All events except the 1600m run will have a limit of.... 4 entries per team

The 1600m run will have a limit of 6 entries per team

NOTE: No FOOD or DRINKS (except water) are allowed inside the indoor track facility.

USATF Certified Officials: (2011 NFHS Rules)

Meet Director: Gilbert Castillo, gscast@kc.rr.com / 816-916-6379 cell

Starter: Jack Nelson

Jury of Appeals: Gilbert Castillo, Bill Newland, Dan Saulsberry, Richard Samuels & Dave Winslow

Additional Officials: Bridget Debus, Richard Manion, Karen Homan, Jon Epps, Casey Epps, Dwight Stoppel, John Meyers, Steve Rinkel, Jim Shoemaker, Steve Walsh, Jim Snook and Don Burton

"2011 Heartland High School Indoor Invitational Track & Field Meet"

Sponsored by: Johnson County Community College